



Bonsor Yoga & Pilates Schedule

Winter 2019

Schedule effective January 2-March 31, 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|----------------------------------|------------------------------|-----------------------------------|-------------------------------------|---|--|-------------|
| 8am | | | | | | Hatha | Yin |
| 9:30am | Gentle Yoga | Power | Hatha | Pilates | Restorative | Flow | Restorative |
| 11am | Pilates with Thera Band | Hatha | Restorative | Hatha | Hatha | Pilates | Hatha |
| 12:30pm | NEW! Chair Yoga 12:30-1:30pm | Restorative | Yoga & Pilates Fusion | 55+ Hatha / Restore 12:30-1:45pm | Kundalini | Pre & Post Natal Yoga | |
| 1:45pm | 55+ Hatha Yoga 1:45-3pm | | 55+ Hatha Yoga / Pilates 2-3:15pm | Chair Yoga 55+ Beginner 2:30-3:30pm | 55+ Hatha Beginner 1:45-3pm | | |
| 4:15pm | Hatha | Hatha | Yin / Yang | Hatha | Kundalini | Hatha | Hatha |
| 5:45pm | Yoga & Pilates with Body Rolling | Pilates / Core / Yoga Fusion | Hatha | Yin / Yang | Hatha | Childminding available M-F, 9am-12noon (ongoing) & Sa, 9am-12noon until June 29, 2019. Excluding statutory holidays & long weekends. | |
| 7:15pm | Hatha | Hatha | Flow / Core Fusion | Power | Restorative | | |
| 8:30pm | Kundalini | Yin | Yin | Hatha | Please note: 55+ Yoga is a registered program | | |

Shaded classes are registered programs

All yoga classes are 1 hour 15 minutes in length.
 Pilates and yoga / Pilates classes are 1 hour in length.
 Schedule is subject to change.

Yoga is for everybody!



Playcare available
 Monday-Friday, 9am-12noon



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Hatha Yoga

A rejuvenating class releasing tension from the muscles from everyday life and sports activities. Learn to breathe deeply while experiencing a flow of postures to stimulate the body physically and mentally. Through this practice you enhance flexibility, increase muscle tone and concentration, detoxify the organs and feel a deep state of relaxation.

Power / Flow Yoga

An energetic class improving strength, flexibility and balance with a continual flow of postures and dynamic breathing techniques. Through this practice you cleanse the body, stimulate your cardiovascular system, develop your agility and balance and build muscle tone. Ideal for students with experience.

Kundalini Yoga

An energetic form of yoga that stimulates the glandular, nervous and immune systems. Each class includes centring oneself with a mantra, warm-up, specific yoga postures, deep relaxation and meditation. Benefits include weight control, relief from stress and insomnia as well as liver detoxification.

Yoga / Pilates

Flow Yoga / Core Fusion

Pilates mat and yoga integrated. A wonderful "best of both" combination classes.

Pilates Mat

A series of mat exercises that create a stable core. Prepare to strengthen and stretch your body during every exercise. The results are increased strength, flexibility, concentration and strong abdominal muscles to help you stand taller.

Body Rolling

Small ball myofascial release or body rolling allows you to tone and lengthen your muscles while strengthening your core. Roll your body on the small inflated balls and relieve muscle tension.

Restorative Yoga

A revitalizing and gentle class that may include using props to support the body. Experience improved circulation, flexibility and a relaxed mind and body. Perfect for everyone!

Pre & Post Natal Yoga

This class provides a safe and supportive environment to prepare, through yoga and breathing techniques, for pre/post birth and new motherhood. Postures are modified to accommodate the changing needs of a mother-to-be and new mom. Post-natal moms are welcome to bring pre-mobile babies. A great place to connect.

Yin / Yang

A combination of passive and active postures with pranayama and meditation. Yin yoga uses long, passive holds to work on the deep, dense connective tissues of the body, tendons, ligaments and cartilage, which are difficult to energize and open and done before active yoga. Yang yoga, the more active postures which increase strength and flexibility. Complements other styles of yoga.

Yin

A meditative, yet powerful practise which focuses on long, passive holds to work on the deep, dense connective tissues of the body, tendons, ligaments and cartilage. Yin postures can be held up to 3-5 minutes or longer periods of time and are deeply rejuvenating. Complements other styles of yoga.

Thera Band

Pilates exercise stretchy band. Used to assist in Pilates for strengthening, stretching and proper control of body alignment.

Gentle Yoga

This slower paced class encourages releasing muscles and tension with gentle ease. Gentle standing poses with the support of props may be integrated. Meditation, breath work, balancing and restorative yoga poses are included in each class for centering and calming the nervous system.